

## **Chicken Stir-Fry**

2 cups brown rice  
5 cups water  
2/3 cup low-sodium soy sauce  
1/4 cup brown sugar  
1 tablespoon cornstarch  
1 tablespoon minced fresh ginger  
1 tablespoon minced garlic  
1/8-1/4 teaspoon red pepper flakes  
3 skinless, boneless chicken breasts, thinly sliced  
2 tablespoons sesame oil, divided  
1 onion, sliced  
1 bell pepper (any color), cut into matchsticks  
1 head broccoli, broken into florets  
1 cup sliced carrots  
1 cup snow peas  
Cilantro

Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover and simmer until rice is tender and liquid has been absorbed, 40-50 minutes.

Combine soy sauce, brown sugar, corn starch in a small bowl; stir until smooth. Mix ginger, garlic, and red pepper flakes into sauce; coat chicken with marinade and refrigerate for at least 15 minutes.

Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Add veggies, cook and stir until just tender, about 5 minutes. Remove from skillet and keep warm.

Remove chicken from marinade, reserving liquid. Heat 1 tablespoon sesame oil in skillet over medium-high heat. Cook and stir chicken until slightly pink on the inside, about 2 minutes per side; return vegetables and reserved marinade to skillet. Bring to a boil; cook and stir until chicken is no longer pink in the middle and vegetables are tender, 5 to 7 minutes. Serve over warm rice and top with chopped cilantro.

*Adapted from [www.allrecipes.com](http://www.allrecipes.com)*

## **Prize Drawings**

All WIC children who are up to date on their immunizations per The Advisory Committee on Immunization Practice (ACIP) guidelines are eligible to be put in for a monthly drawing. Each month during 2014, 5 - \$100.00 Wal-Mart gift cards will be given away to up-to-date WIC children who have been entered into the drawing. Don't forget to bring your immunization record to every visit. Give your records to our staff so they can make a copy and put you in for the drawing.

## **Baby Behavior Class**

We are very excited about the addition of a new class: "Baby Behavior." The goal of this class is to help parents have more realistic expectations of normal baby behavior including sleep patterns, crying and the cues your baby will give. The Baby Behavior class is great for first time moms (and dads!) or moms who already have kids but would like to learn more about what to expect from their infants. The class will help you:

- Identify the differences between light and deep sleep
- Learn why infants need to wake up often
- Learn to recognize hunger cues
- Compare ways to calm a crying newborn

## **Office Closures**

April 11—All WIC staff meeting, offices closed

*\*\*Daylight savings: Don't forget to set your clocks ahead 1 hour on March 9!*

Eastern Idaho Public  
Health District

**WIC Newsletter**

***March/April  
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## RD Tested and Approved

The American Academy of Nutrition and Dietetics has designated March as National Nutrition Month ®. The theme for 2014 is "Enjoy the taste of eating right!" This month we want to give you some tips for eating right and keeping your family healthy. March 12 has been designated Registered Dietitian Day, so our Registered Dietitians have put together a list of their favorite healthy foods and tips to help keep your family healthy.

### Favorite Healthy Foods

- Stir fry: stir fry is easy to prepare and there are endless combinations you can use! This is a

great way to offer vegetables and proteins to your kids without adding a lot of fat.

- Avocados: avocados are bursting with vitamins, minerals and healthy fats. One of our dietitians likes to make guacamole—1 avocado, 1 tomato, onion, cilantro, lime juice and a pinch of salt—to use with tortilla chips, tacos, in soups or on toasted sandwiches.
- Veggie Bags: take a bag of raw veggies when you're on the go—work, school, shopping or a trip to the park, this is a great on the go snack. One of our dietitians brings a bag to work every day with about 2 cups of veggies—carrots, cucumber, bell peppers, cherry tomatoes or whatever raw veggies your family enjoys!
- Green Smoothies: smoothies are a delicious way to get

in servings of fruits & vegetables. There are countless combinations you can use! If your kids like eating popsicles, try making a big batch of green smoothies and freeze it in popsicle molds for a fun treat.

- Fruit and Veggie Centerpieces: Put fruits and veggies in a decorative bowl on your table to remind yourself to get your 5 servings in a day. You and your family will be more likely to go for snacks that are healthy when they are visible and readily available.



### Green Smoothie Ideas:

- 1 cup mixed berries, 1 banana, 2 handfuls spinach, water or orange juice
- 2 apples, 1 carrot, 2 oranges, peeled, 1/2 lemon, 1 banana, handful spinach, cinnamon to taste
- 1/4 cup uncooked, rolled oats, 1 cup milk, 1/4 cup yogurt, 1/4 cup frozen berries, 1 banana, greens of your choice
- 3/4 cup pineapple, 1 cup mango, 1 banana, 1/2 cup milk, 1/2 cup water, greens of your choice
- 1 stem of celery, 1 orange, 1 apple, 1 handful spinach, water

These are just a few ideas, but there are countless combinations.

- Some of these recipes will make large batches, so you may need to scale down or plan to freeze some as popsicles :)
- The fruits or veggies you use can be frozen or fresh—if you have produce that is starting to get overripe, freeze it for later use in smoothies
- Veggies that tend to work well in smoothies are: carrots, celery, kale, spinach, Swiss chard, zucchini, cooked beets

- You may need to add more/less liquid depending on the ability of your blender.
- When fruits & vegetables are in season, they are much cheaper. You can pre-make bags or containers of fruits/veggies and put them in the freezer. When you are ready to make a smoothie, just pull the bag out, put the contents in your blender, add fluids, blend & enjoy (you may need to slightly thaw your ingredients depending on the strength of your blender).

### Healthy Lifestyle Tips

- Get adequate sleep! Getting enough sleep can help improve memory, attention, and creativity. It plays a role in maintaining adequate weight and can improve your mood.
- Walk or run—these activities provide lots of health benefits and can be done year round—indoor (treadmill, gym, mall) or outdoor.
  - \* Try using a pedometer with a goal of 10,000 steps per day. Having trouble hitting that mark? Start

with lower goals and work your way up!

- Weekend grocery trips—plan your meals, make a trip to the grocery store & even do some prep & cooking for the week. This can help cut back on how much you eat out & save a lot of stress during the week.
- Ask other moms to exercise with you and find ways to get active with your kids—in nice weather you can meet at a park to exercise and let the kids play.
- Yoga: combining stretching and relaxation, yoga can help reduce stress, lower blood pressure, improve mood and help keep you in shape.
- Shake your groove thing! Exercise can be fun & easy when you pick something you like to do. One of our RD's likes to pump up music & dance. If you don't have the best moves, check out dancing videos on YouTube to help you become better. Dance your way to better style and better health!